

### Basic Anatomy of a Joint

Muscles - soft contractile tissue provide movement of the body around the joints  
injury- strain

Ligaments- soft tissue connecting bone to bone to hold the joint together  
injury- sprain

Tendons- soft tissue connecting muscles to bones of the joint  
injury - strain (however sometimes referred to as a sprain)

Bones- long bones on either side of the joint provide stability to the frame of the body  
injury- fracture

Synovial Fluid - provide lubrication for the moving joint  
- source of nutrients for the vascular tissues of the joint

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Bursa- little pouches of thick synovial fluid  
- assist in movement and shock absorption  
injury- inflammation

Meniscus- aneural fat pad (cannot feel direct pain), poor blood flow allows for smooth movement  
injury -tear

Cartilage- covers the bone ends (about 1 mm thick)  
- main purpose is shock absorption, as it distributes the shock  
-it cannot be replaced after damage is done  
injury- degeneration

Oct 14-9:06 AM

Oct 11-8:08 AM